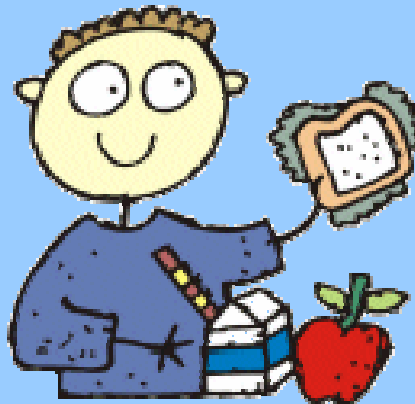
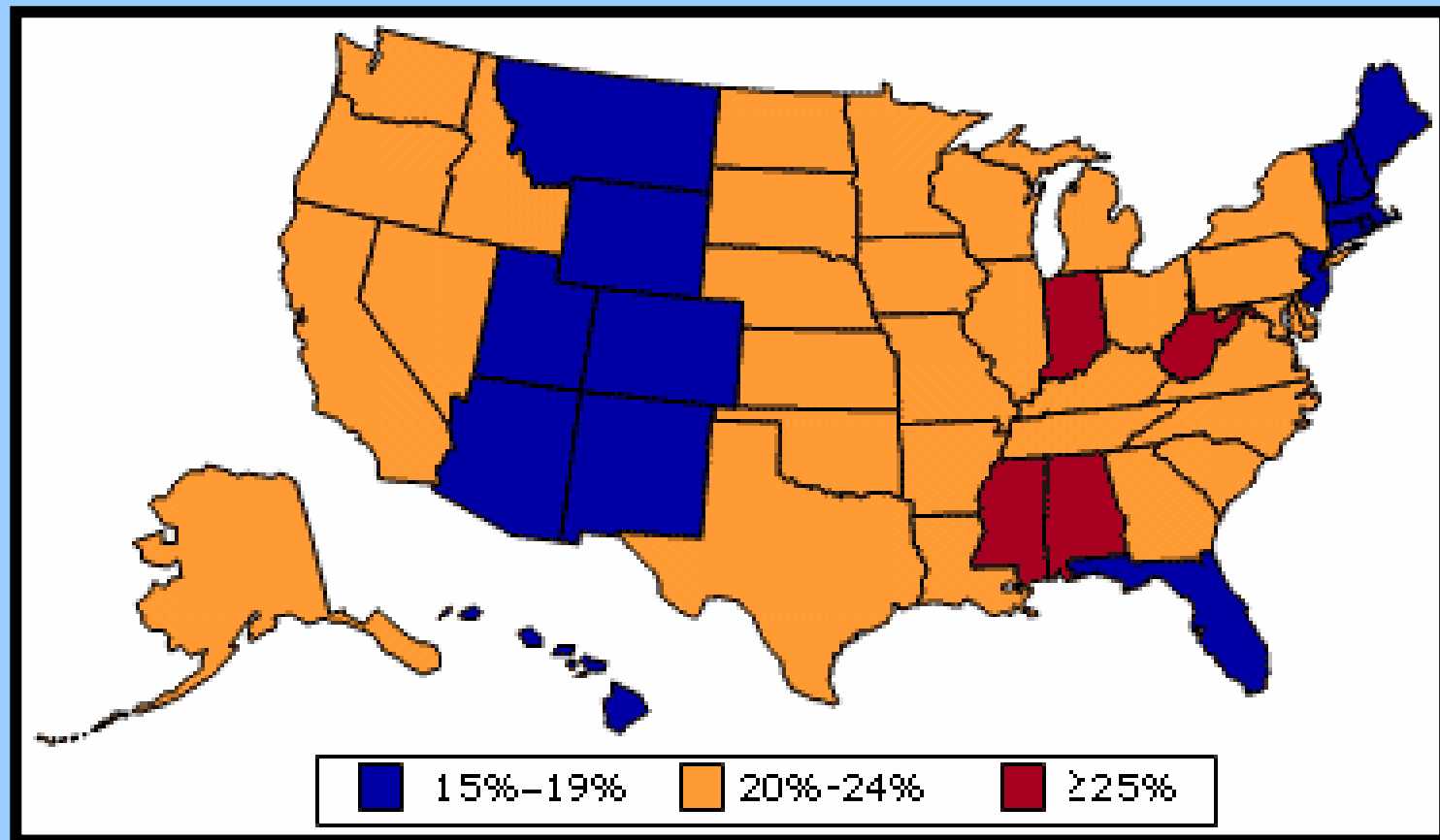


Nutrition and Physical Activity in Child Care and Afterschool Settings





Percent Overweight as defined by a BMI>30

Approximately 59 million adults are obese.

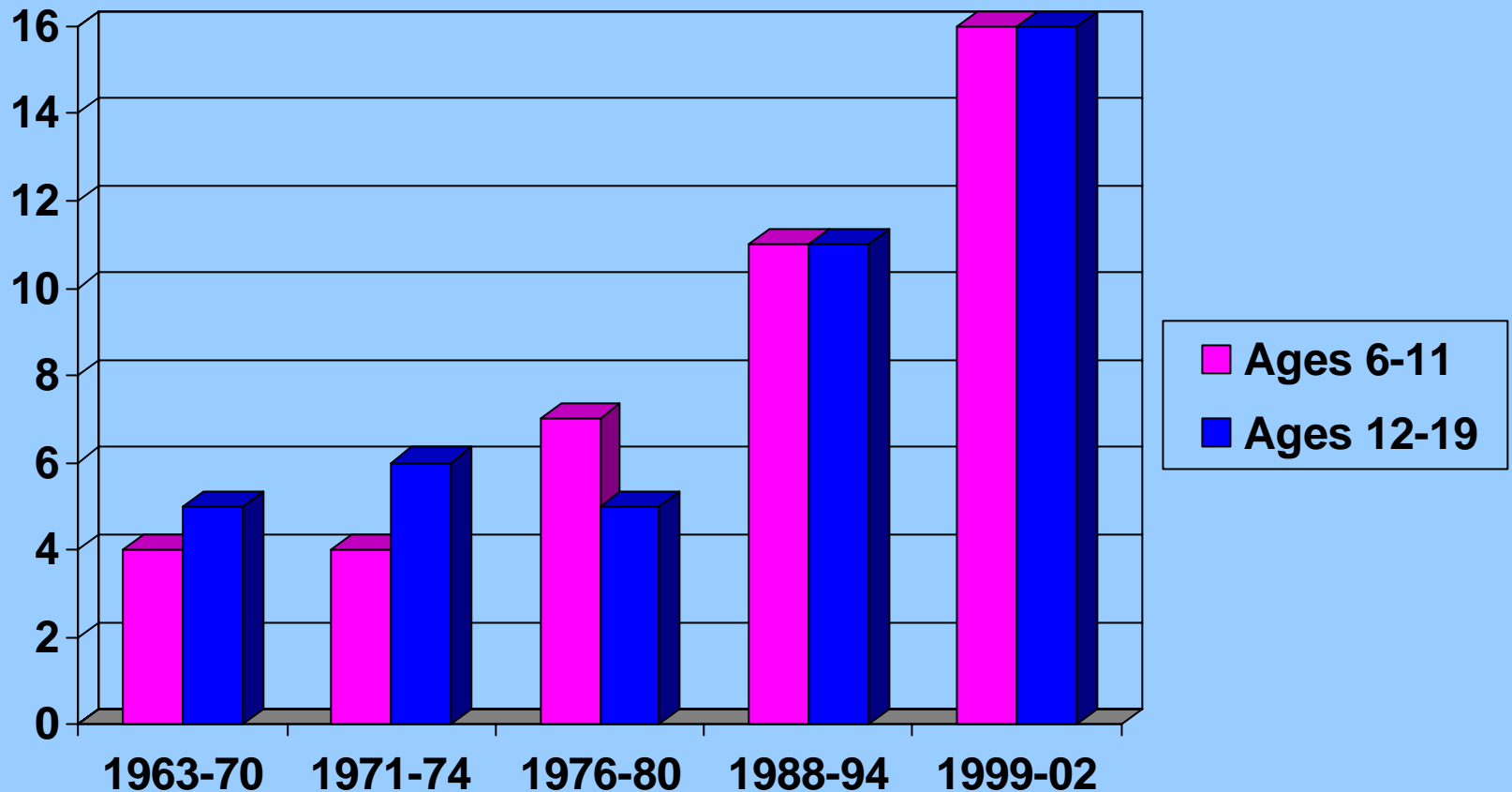
Centers for Disease Control and
Prevention, 2004

Childhood Obesity

- Since the 1970s, obesity prevalence has:
 - Doubled for preschool children aged 2-5 years
 - Doubled for adolescents aged 12-19 years
 - Tripled for children aged 6-11 years
- More than 9 million children and youth over 6 years are obese
- Similar trends in U.S. adults and adults internationally

-IOM, 2004

Prevalence of Overweight Among Children and Adolescents Ages 6-19 Years



-Centers for Disease Control and Prevention, 2004

Risk of Overweight and Obesity

- 1 in 4 children is at risk for overweight.
- More than 60 percent of young people eat too much fat.
- Less than 20 percent of children eat the recommended 5 or more servings of fruits and vegetables each day.

-Centers for Disease Control and Prevention, 2004

Implications for Children and Society

Physical Health

- Glucose intolerance and insulin resistance
- Type II diabetes
- Hypertension
- High cholesterol
- Fatty liver
- Gallstones
- Sleep apnea
- Orthopedic problems

Emotional Health

- Low self-esteem
- Negative body image
- Depression

Social Health

- Stigma
- Negative stereotyping
- Discrimination
- Teasing and bullying
- Social marginalization

Benefits of Proper Nutrition and Physical Activity

- Increased bone density
- Enhanced cardiac wellness
- Longer-term reductions in weight and cholesterol levels
- Improvements in body composition
- Lower risk for many chronic diseases
- Support of child growth and development
- Improved grades in school
- Decreased incidents of tobacco and alcohol use

-Centers for Disease Control and Prevention, 2004

Recommendations for Nutrition and Physical Activity

- **Energy Balance**
Energy Intake =
Energy Expenditure
- **Following the 2005 Dietary Guidelines**



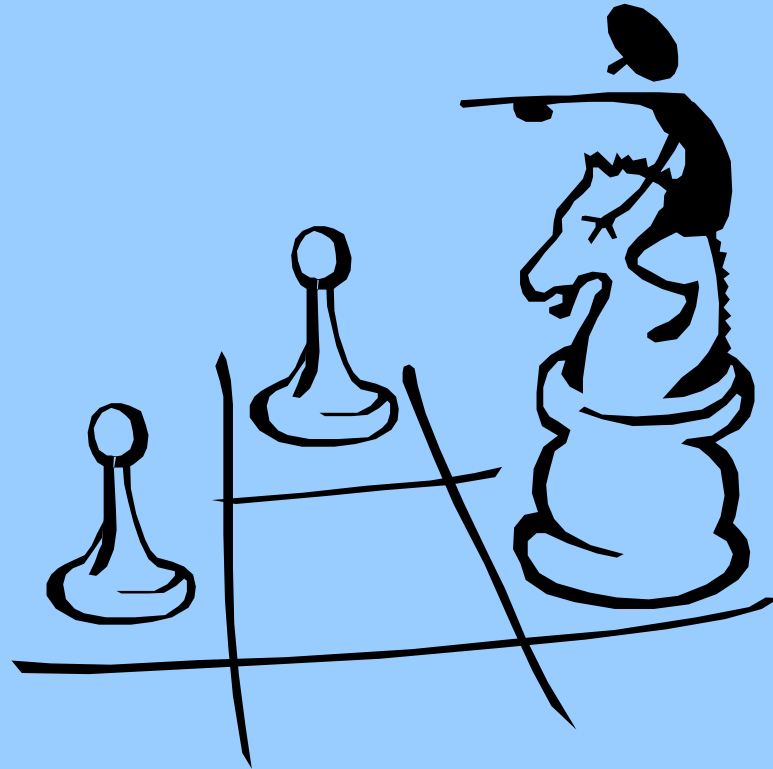
-National Cancer Institute, 2005
-Dietary Guidelines, 2005

Child Care and Afterschool Settings: The Perfect Venue to Promote Healthy Lifestyles

- Dietary behaviors and habits of physical activity have their origins in early childhood.
- Child care serves many of the specific groups of children—minorities and those in poverty—most at risk for being overweight.
- School-age children are likely to be sedentary in the afterschool hours if not given active options.
- Providers act as liaisons to parents who make critical nutrition and physical activity decisions for their children.

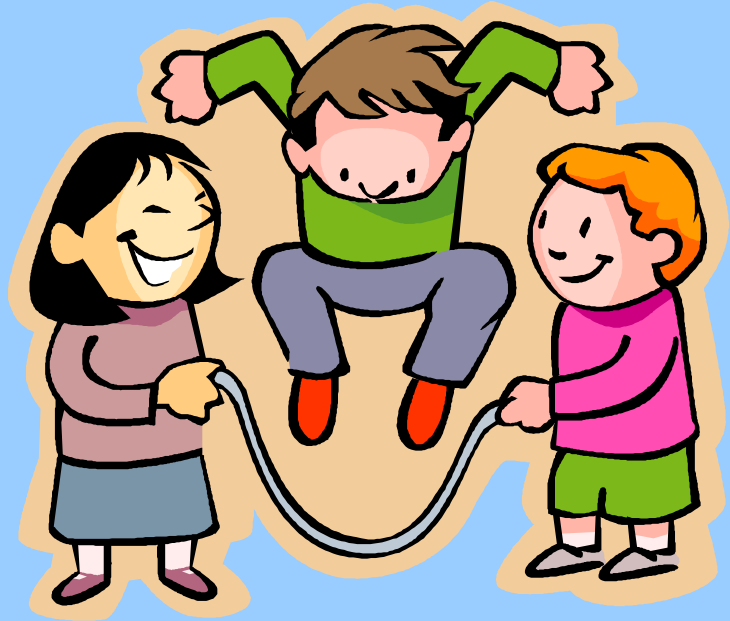
Strategies to Promote Nutrition and Physical Activity

- Program
- Policy
- Funding



Program Strategies

- Games and Activities
- Curricula and Lesson Plans
- Engaging Parents



Program Strategies in Action

- *VERB: It's What You Do*

<http://www.cdc.gov/youthcampaign/>

- *Power of Choice*

http://www.fns.usda.gov/tn/resources/power_of_choice.html

- *We Can!*

<http://wecan.nhlbi.nih.gov>

Policy Strategies

- Develop physical activity and nutrition guidelines for child care and afterschool programs
- Provide physical activity and nutrition training for child care and afterschool providers
- Help child care and afterschool programs access food nutrition entitlement programs

Policy Strategies in Action

- Massachusetts Office of Child Care Services: *Healthy Kids Move*

www.qualitychildcare.org

- Children's Hunger Alliance in Ohio

<http://www.childrenshungeralliance.org>

Creative Finance Strategies

- Make better use of existing resources
- Create more flexibility in existing categorical funding
- Build public-private partnerships



Creative Finance Strategies in Action

- Santa Clara County YMCA blends federal funding streams:
 - Steps to a Healthier US Cooperative Agreement
 - Carol M. White Physical Education Program

Additional Resources

- *Fit Source*: an interactive Web site of nutrition and physical activity resources
<http://nccic.org/fitsource>
- *Promoting Fitness and Nutrition in Afterschool Settings: Strategies for Program Leaders and Policy Makers*
<http://www.nccic.org/afterschool>
- *Promoting Nutrition and Physical Activity in Child Care Settings Speaker's Kit*
<http://nccic.org/fitsource>

Questions and Comments

